

PRE AND POST-OP INSTRUCTIONS

(What to Expect **Before**, **During**, and **After** Your Procedure)

CONSERVATIVE MANAGEMENT

All insurance companies require patients to meet “conservative management”, or “non-surgical treatment” prior to approving or paying for treatment of venous insufficiency. **Your insurance company wants to make sure that you are committed to having treatment.**

WHAT IS CONSERVATIVE MANAGEMENT?

- Use of compression stockings for a period of six weeks to three months this is determined by your insurance.
- Use of over-the-counter pain relievers. (Tylenol, Ibuprofen)
- Mild exercise.
- Elevation of your legs when able at home or work.
- Maintaining a healthy weight.

AS YOUR PROVIDER WE ARE REQUIRED TO ASK YOU IF YOU ARE:

- Wearing your stockings? How often? How many hours a day?
- Have you taken over the counter pain relievers? If so what and how often?
- If you are exercising? How often are you exercising?
- If you are elevating your legs? How often? And for how long?
- Are you maintaining a healthy weight?
- Any interruptions in daily activities? (e.x., walking or standing for long periods of time)

If you are not compliant with the conservative management you will not meet the requirements for having your procedure authorized by your insurance.

STEPS FOR VENOUS PROCEDURES

STEP 1

Our Procedure Scheduling Department will reach out to you to schedule your procedures after our internal review is completed. Please contact our office if you have not heard from us within a few weeks.

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STEP 2

Once your procedures are scheduled, we will contact your health insurance to verify benefits and initiate your authorization. This could take up to 30 days, and **your procedures must be scheduled in order to begin this process**, as some insurances have date-specific authorizations.

STEP 3

Review your cost analysis. We will submit this to you through our patient portal or mail a copy at your request to the home address we have on file. (This may take a couple of weeks.) Please call our office if you have any questions or if you require a payment plan.

STEP 4

Please **remember to bring your medication list and the history and physical form** (mailed with your cost analysis) if it was not completed through our online portal. We will also collect your payment the morning of your first procedure.

VARITHENA PROCEDURE INSTRUCTIONS

Wear loose-fitted clothes the day of your procedure.

Bring compression hose (thigh & knee high) to EVERY procedure to be used as part of the post-operative dressing.

Following the procedure, your leg will be wrapped with a thin white bandage and your compression hose will be placed over this bandage. You will wear this dressing & compression hose for the next 3 days 24/7(day/night) **DO NOT remove the dressing & compression hose during this time.** Showering can be done by placing a plastic bag over the dressing/compression hose. On day four, remove the wrapping underneath the compression hose (You may shower after removing the dressing). Please wear the compression stockings during the day for 2 additional weeks.

Walking is encouraged (at least three separate 5-10-minute walks daily) to help ensure proper recovery. You can resume normal activities the day of the procedure with some restrictions.

- **No submersion** (no baths, hot tubs, swimming pools) until after your post-op scan.
- **No vigorous exercise & no heavy lifting** (>40lbs) for two weeks following your procedure. You can resume normal activities the day of the procedure.
- **Travel restrictions:** Avoid any flights for 2 weeks following your procedures. Prolong driving is NOT recommended. However, if traveling by car is needed, stop every hour to get out to walk

and hydrate well. Make sure to wear compression stockings when traveling.

- **No sunbathing or tanning beds** for 2-4 weeks after each procedure.
- **No Shaving day of procedure.**
- **No lotions or powders.**

If you experience itching; You may use an antihistamine (OTC Benadryl or Zyrtec) as directed.

You may develop bruising that may last for several weeks.

Keep the treated area covered/out of the sunlight, for the next 4-6 weeks, to avoid any skin pigmentation issues (darkening of the skin).

Treatment involves injecting varicose veins with a solution (sclerosing agent). This will cause **phlebitis or vein inflammation** (prolonged redness, tenderness to touch, and you may feel a hard area along the treated veins). Phlebitis can occur at any time after the procedure. **This is normal. This inflammation is important to help the treated vein dissolve. Please be diligent with wearing compression hose** following procedures. This will lessen the chance for phlebitis or skin pigmentation issues. If you are experiencing any discomfort, take OTC Tylenol or Motrin as directed.

If you develop a fever, increased pain, swelling, or redness, please call our office:

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Remember: Phlebitis (normal inflammation) is not the same as infection.

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